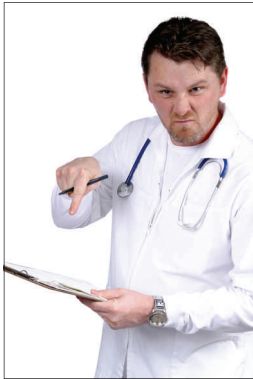


Survival Skills for Your Life in Medicine



Don't let this be you!

SPRING 2008
4 one hour classes
at start of quarter



Learn a variety of quick and simple relaxation and behavioral techniques
to help you cope with a lifetime of challenges!

De-stress before tests and presentations

understand what's going on with test and presentation anxiety
learn how to improve performance
practice on-the-go relaxation methods

Manage your time to have a life

set priorities and to do lists that work
analyze your study and information management
learn steps to overcome procrastination and writer's block

What, me worry?

become aware of lifetime effects of stress
recognize and counteract self-criticism and perfectionism
find your focus on the present—not past or future worries

Resilience, the one quality you need the most

recognize burnout and compassion fatigue
increase resilience with humor, optimism and life meaning
discover tools to address work life balance

Questions? Harise Stein, MD harise@stanford.edu